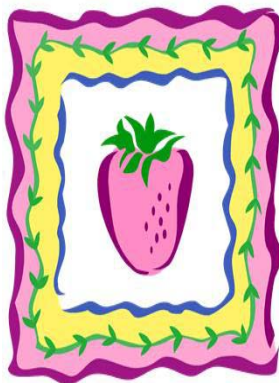




BREAKTHROUGH CLUBHOUSE NEWSLETTER MAY 2010



MOTHER'S DAY— MALE PERSPECTIVE



Chris Davis conceived the idea of having for the first time ever a special meal for the ladies for Mother's Day. André, the kitchen manager, thought it was a wonderful idea!

The menu consisted of fish, spaghetti, salad, rolls, and strawberry shortcake. The men worked as a team to cook, serve, and clean the kitchen. They realized that they could be very efficient when they worked together.

The men portrayed restaurant waiters as they served their special guests for the day. The ladies felt very special, but the men felt very special, too. It gave them a warm, good feeling. The men enjoyed the joy of giving as much as the ladies enjoyed being treated like queens.



Chris D.

MOTHER'S DAY— FEMALE PERSPECTIVE

The women of the Clubhouse were treated as queens on May 7 in honor of Mother's Day. The men honored them by doing all the daily chores for the day. The highlight was the noon meal that was totally planned, prepared, served, and cleaned up by the men.



The meal was a joyous event as the women were served as if they were at a restaurant. Strawberry shortcake was presented on a dessert bar that included strawberries, shortcake, ice cream, and whipped crème.

The women were surprised and amazed that the men were so capable. Everyone was in a happy mood and felt very special to be a part of this Clubhouse event.

Ellen O.



GROWING TOMATOES

To grow monster tomatoes, you can do the following:

surround a 3 foot by 3 foot area so that no water will be able to escape, then remove all of the soil inside to a depth of 5 inches and scatter it elsewhere. Replace it with a mix of the following: five pounds of a non-burning fertilizer called “Milorganite”, 5 pounds of bagged black top soil, a 25-pound bag of compost, 1 pound of granulated sugar (plants love sweets just like people), 4 ounces of cream of tartar (potassium bitartrate), 1/4 pound of 0-10-0 bone meal (optional) and a pound of Epsom salt (the secret to really great tomatoes).



Mix thoroughly and place in the area

Beefsteak--YUM!

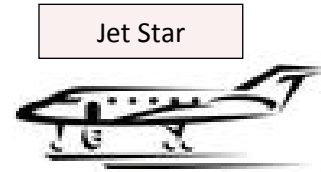


where you removed the dirt. Plant one “Beefsteak” tomato plant in the center and water well.

Every 4 days, flood the bed an inch deep with water. The result will be 2 and 3-pound tomatoes.

Due to global warming, you will need to shade the plant with either large leafy plants such as giant sunflowers or with some type of curtain on the south and west side to prevent sun scald where the tomatoes will literally cook on the vine (I saw this happen in a truck garden in 2000) !

Your best bet to grow in the really hot weather is a tomato called “Jet Star”. Just keep it well-watered. There is a condition called “blossom end rot” that is caused by inconsistent watering. So try to keep the plant(s) watered on a regular schedule. If in a pot, keep the soil as damp as a wrung-out sponge.



Walt S.

LET'S GO SHOPPING!

“Let’s go shopping, DeAnn. We could go to the Dollar Tree where everything is a dollar. Then we could go to the General Dollar or to Maj-R-Thrift. All clothes are 1/2 off if they have yellow tags this week. There are good buys in north Topeka!”

Maxine R.



PICNIC AT THE LAKE



What a great day for a get-a-way to the lake! It was cool, but it wasn't raining so we couldn't have asked for a better day.

Preparations started first thing in the morning with the cooks preparing hamburgers, brauts, potato salad, chips, and juice. They were very organized by getting all the supplies packed and ready to go as soon as lunch was served at the Clubhouse.

Teamwork played a big part in the event. Some of the kitchen unit stayed at the Clubhouse to clean up after lunch and the other team players went to Lake Shawnee to get the grill started and set up the tables.

By the time the rest of the members arrived at the lake, the burgers and brauts were ready! The food tasted especially good from the grill. Just the smell of the charcoal smoke as you neared the shelter house made your mouth water!

Pictures were taken of small groups and of the whole group to preserve the moment. It was surely a day to remember!

The best part of the whole outing was cooking on the grill and socializing. There's just something about being outdoors at a beautiful park with people you care about that makes it so special.

Jasmine M.

IF YOU'RE WITH SOMEONE YOU LOVE

If you're with someone you love, be true and faithful to them. You're not supposed to mistreat someone you love. Rather love your friends, girlfriends, or boyfriends because that is how it is supposed to be. You're not supposed to hit women or men if you love them. Jesus doesn't like that at all because it is heartless and mean, very mean. Love is great to have, rather it's your friends or someone you love.



Life is good, no matter what. God will protect us all from harm, even women, too. Do good, not bad, it is not cool. It is crazy and immature, so keep that in mind, please.

Mary N.

Clubhouse Hours

Mon, Wed, Fri .. 9-6:30 pm

Tues & Thurs.... 9-7:30 pm

Holidays 12-4 pm

Clubhouse Staff

Jim.....Director

Michri.....Asst. Director

Andre.....Kitchen

JoeMaintenance

Patricia Clerical

Meals

(Cost is \$.50)

(\$.25 for group home residents)

Monday ... (FREE) noon

Tues through Fri..... noon

Holidays.... (FREE)...1:00 pm

Mon, Wed, Fri.....5:30 pm

Tues & Thursday.....4:30 pm

Van Hours

(Cost is \$.25 each way)

(\$.10 for group home residents)

Rides 8 am&4 pm

Tues & Thurs nights...7:30 pm

Holiday rides 11 am&4 pm

